



January 27-28, 2026  
6:00 AM - 10:00 AM



FHS Performing Arts  
1001 Casino Creek Drive

Your photo ID and health  
plan card are required at  
check-in

## Register online for your screening!

1. Go to [www.cmmc.health](http://www.cmmc.health), and click on the Wellness Screening box for your company
2. **Returning users** - Enter username and password, then select **Login**  
**First time users** - Select **Create My Account**
3. Use the company code: **7723993**
4. Follow the on-screen instructions to select a screening to attend

Registration closes at 12:00 PM the day before the screening

**Health Plan Members (Employee, Spouse, Dependent and Retired Employee):** The cost of the health screening will be submitted to your insurance under the wellness benefit  
**Non-Plan Members:** Others are welcome to attend and purchase the screening.  
*Attendees must be at least 18 and not on Medicare/Medicaid.*

## What is included in your screening?

- **Complete Blood Count (CBC)** • Measures white/red blood cells, platelets, blood components
- **Comprehensive Metabolic Panel (CMP)** • Fasting glucose, liver and kidney function
- **Hemoglobin A1C** • Average blood glucose over the past 2-3 months
- **Lipid Panel** • Total Cholesterol, HDL, LDL, Triglycerides
- **Prostate Specific Antigen (PSA)** • For males meeting age criteria
- **Thyroid Stimulating Hormone (TSH)** • Screens for hyperthyroidism and hypothyroidism
- **Blood Pressure & other Vital Signs**
- **Body Composition and Body Mass Index (BMI)**
- **Personal Health Report** • Summary report received at your screening
- **Easy-to-Read Lab Report** • Includes explanations of results that are out of range

### Prior to your screening:

- Fast for **at least 12 hours**
- **Drink plenty of water**
- Take prescription medications as prescribed
- No strenuous exercise for 10 hours
- Do not attend if you have severe cold or flu symptoms
- Wear clothes with loose fitting sleeves
- If you are diabetic, schedule an early appointment

### Additional laboratory tests:

- Tests can be added during registration or at screening check-in
- These must be paid for at the screening
- Cost is significantly reduced
- Your insurance company may not reimburse for additional purchased tests
- Talk with your doctor regarding additional tests
- For complete test information, register online at [my.itstartswithme.com](http://my.itstartswithme.com)